

# ANNUAL REPORT PSYCHIATRIC HOSPITAL 2009

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Ministry Of Health - Kingdom Of Bahrain

**March 2010**

# Thank You

*I would like to express my sincere thanks and gratitude to all staff members who contributed in making this report a reality.*

*Many of you have worked silently and diligently to improve services at our hospital, and to provide the best optimal care for our patient populations.*

*I would also like to extend our appreciation to the Ministry of Health whose support and involvement guided our efforts and helped us materialize our goals.*

*Adel Al-Offi- March 2010*

## *Good News*

*In a Major boost to the Kingdom's health services, Bahrain has become the first country in the Arab World to be accredited by the Canadian Council on Health services Accreditation ( CCHSA).*

*The Salmaniya Medical Complex, the psychiatric hospital and 22 primary health centers have received the accreditation.*

*7<sup>th</sup> March 2010*

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# Introduction

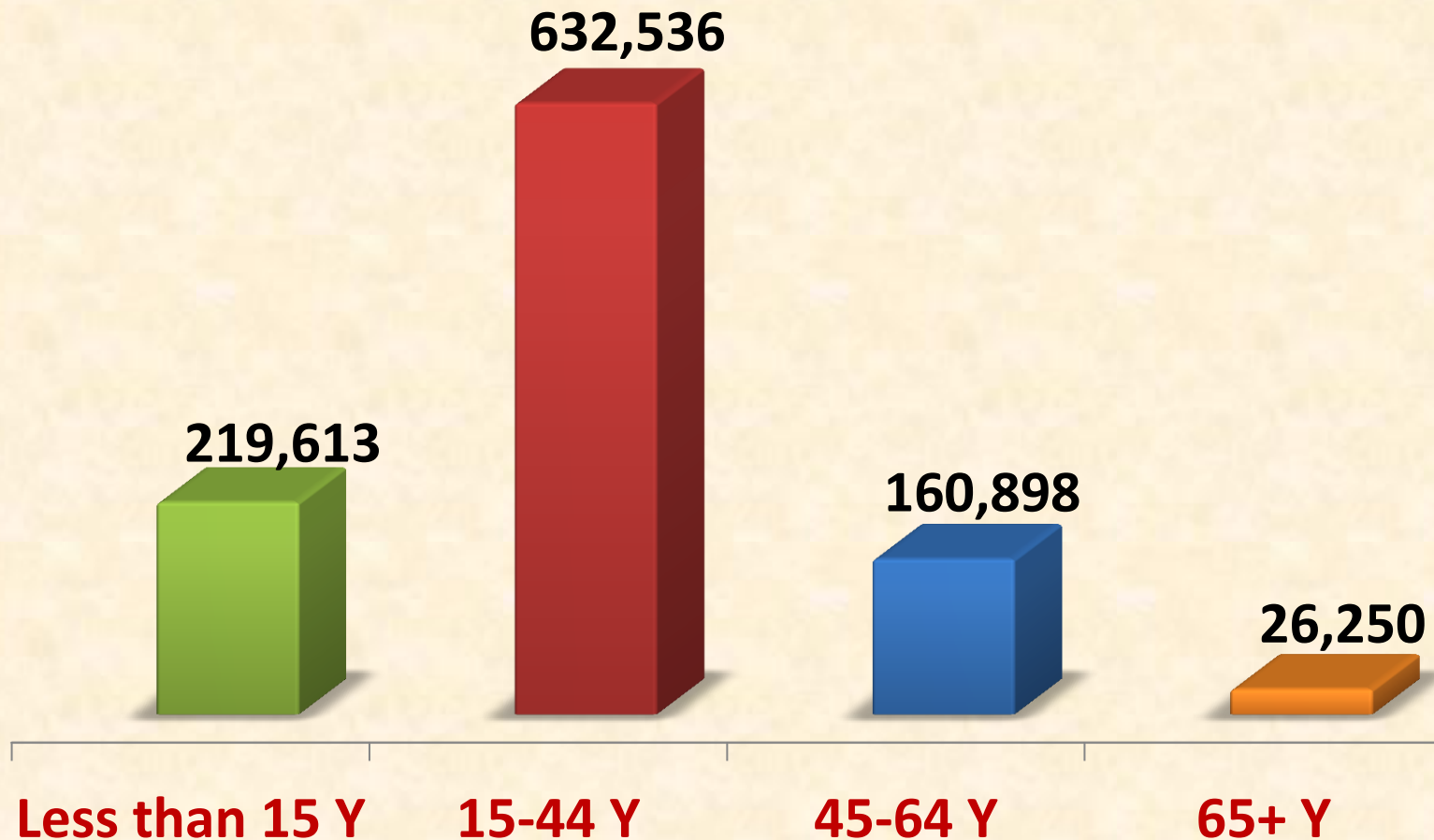
**M**ental health defined as “*a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity*”.

**M**ental disorders affect 12% of the world’s population. One out of every four people around the world will experience a mental illness that would benefit from diagnosis and treatment.

*World Health Organization*

# Total Population 2007

Total 1,039,297





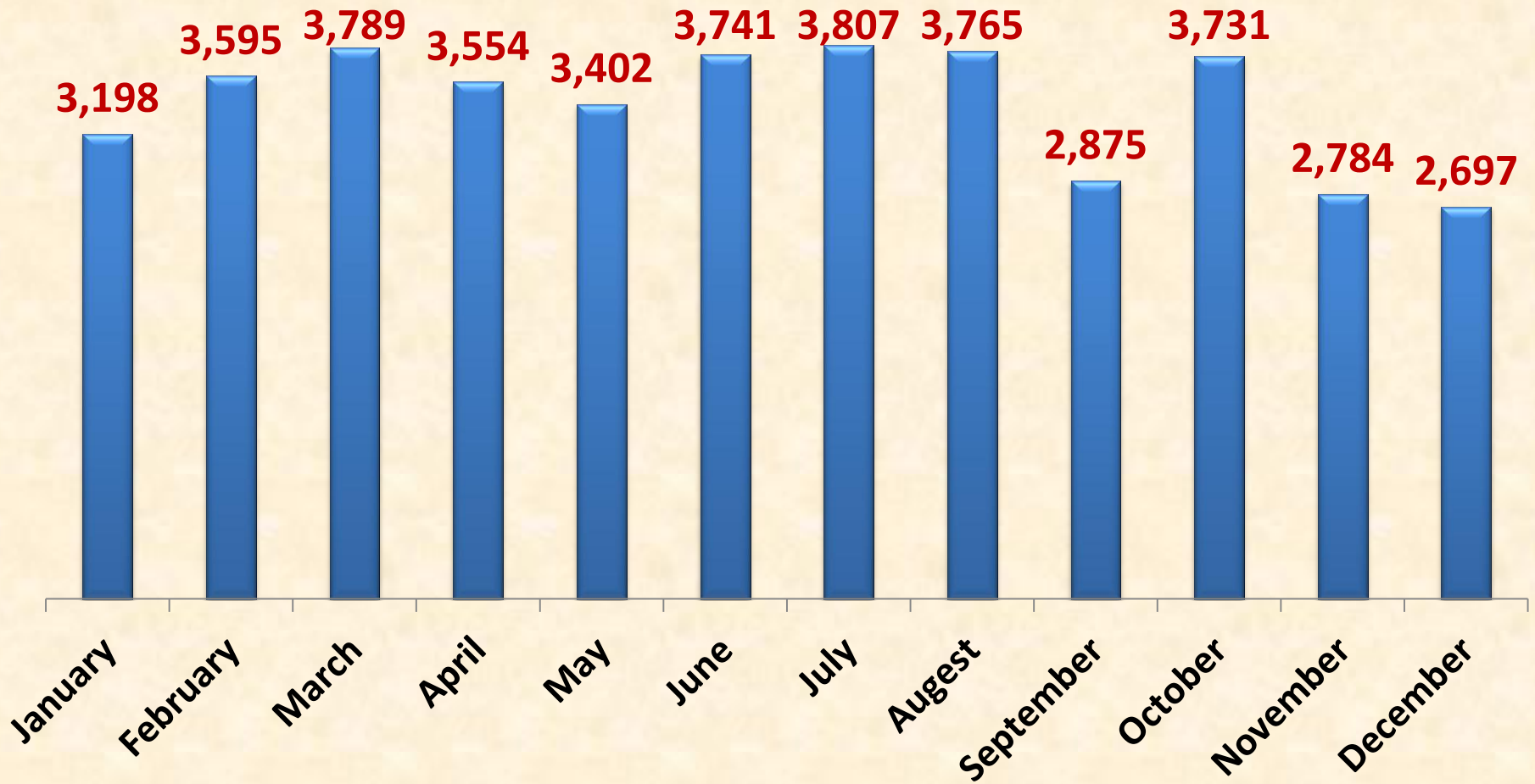
# Psychiatric Hospital Budget 2008,2009

## Actual Budget

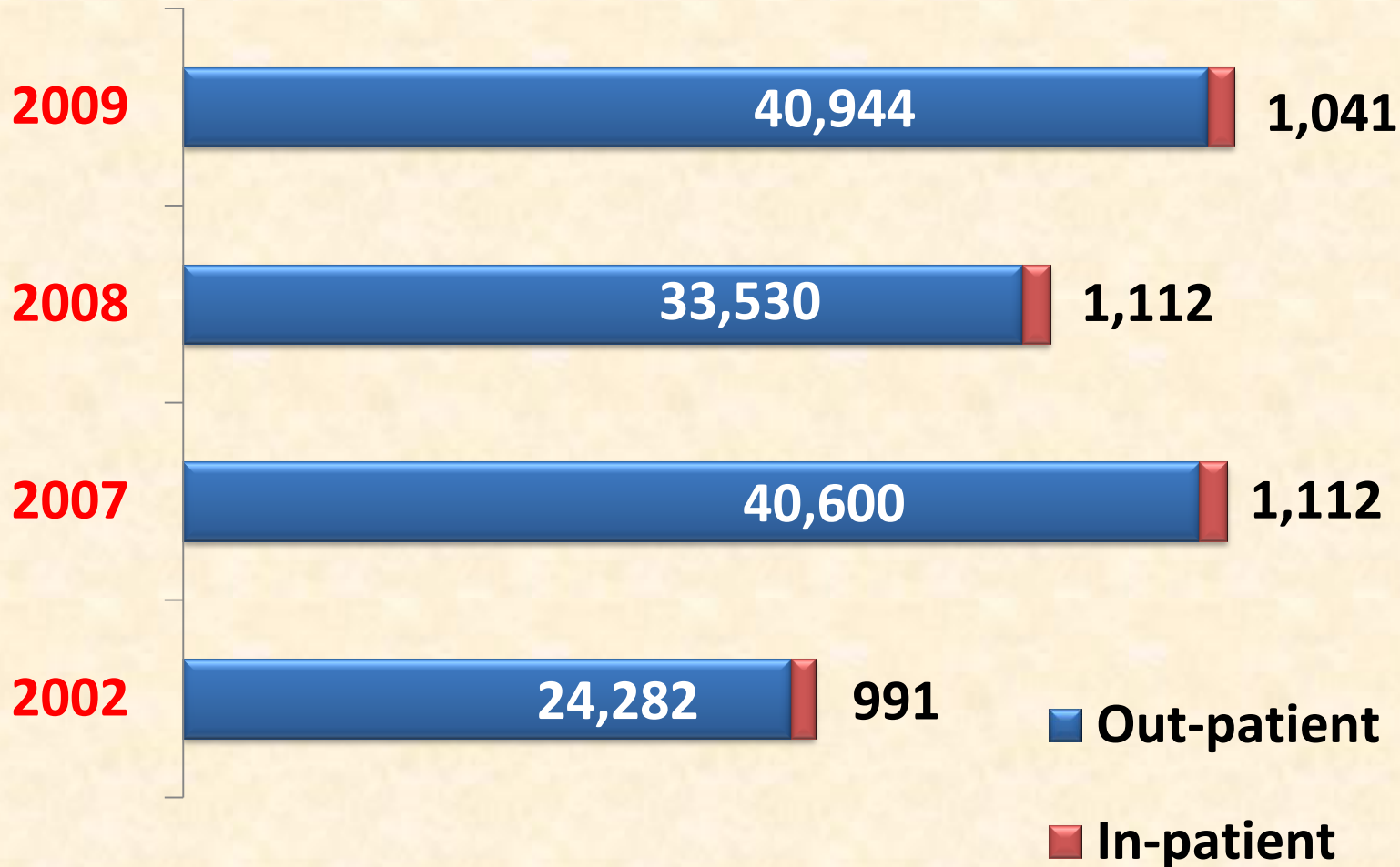


# Total Monthly Out-patient Visits

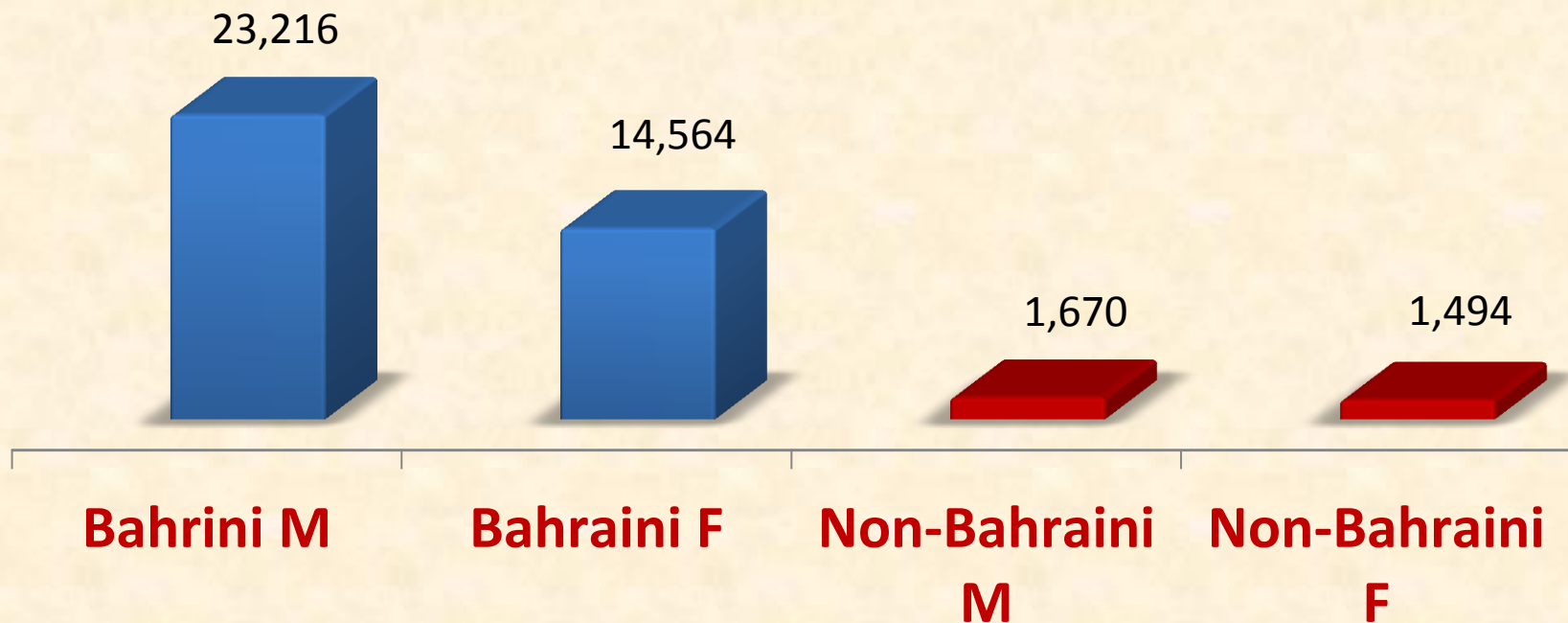
2009- Total visits 40,944



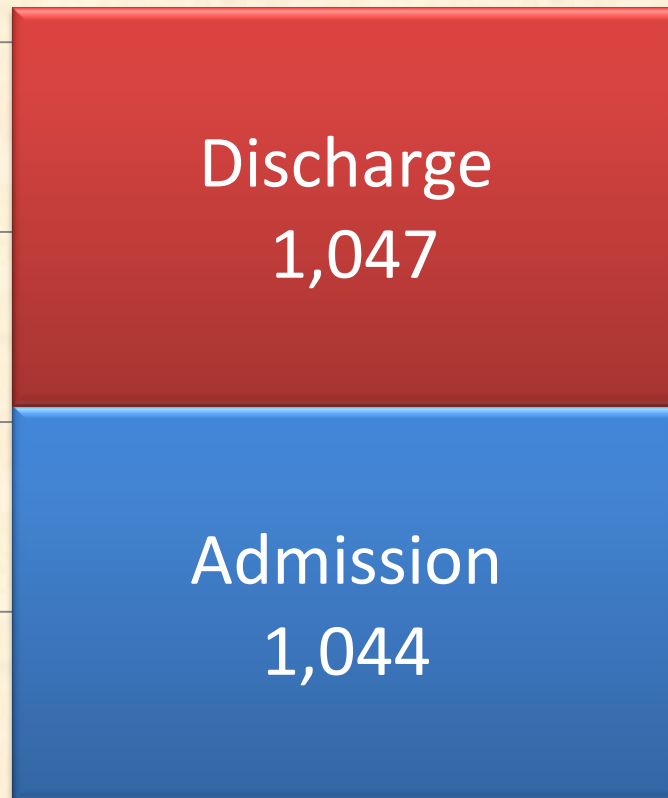
# Total Out-patient & In-patient Years 2002,2007,2008,2009



# Total Out-patient Visits according to Nationality and Sex 2009



# Total Admissions and Discharges 2009



# Clinical Manpower

Year	Total Bed	Doctor	Psych	Nurses	SW	OT	PT
<b>2008</b>	214	50	4	215	7	13	3
<b>2009</b>	243	47	4	241	7	13	3

**SW**- Social Worker

**OT**- Occupational Therapy

**PT**- Physiotherapy

**Psych**- Clinical Psychologists

# Breakdown of Medical and Nursing Staff

## Doctors

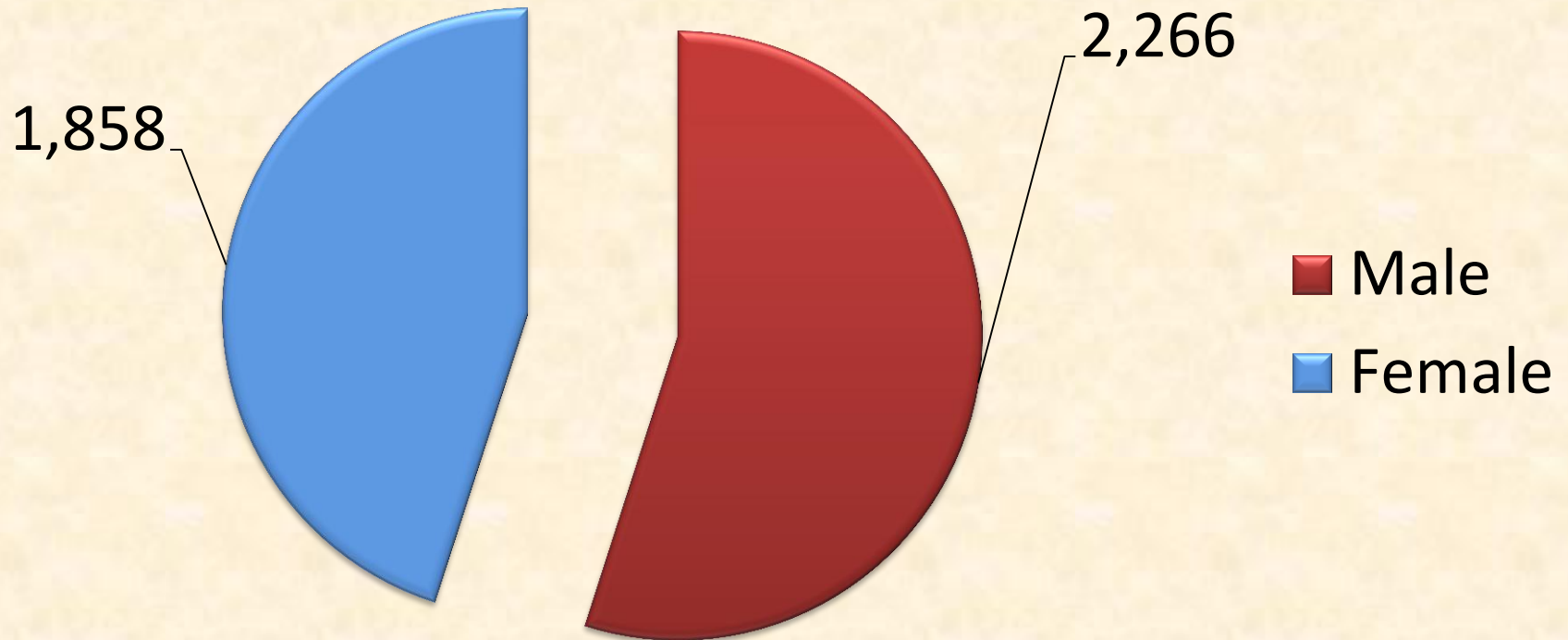
Consultants (Full Time)	10
Consultants (Part Time)	2
Chief Residents	8
Senior Residents	8
Residents	14
Overseas	5
<b>Total</b>	<b>47</b>

## Nurses

Head Nurse (HN)	6
Nurse Supervisor (NS)	18
Special Nurse (SpN)	55
Staff Nurse (SN)	149
Practical Nurse (PN)	17
Med Service Aid (MSE)	36
Ward Clerk (WC)	8
<b>Total</b>	<b>289</b>

# Community Service

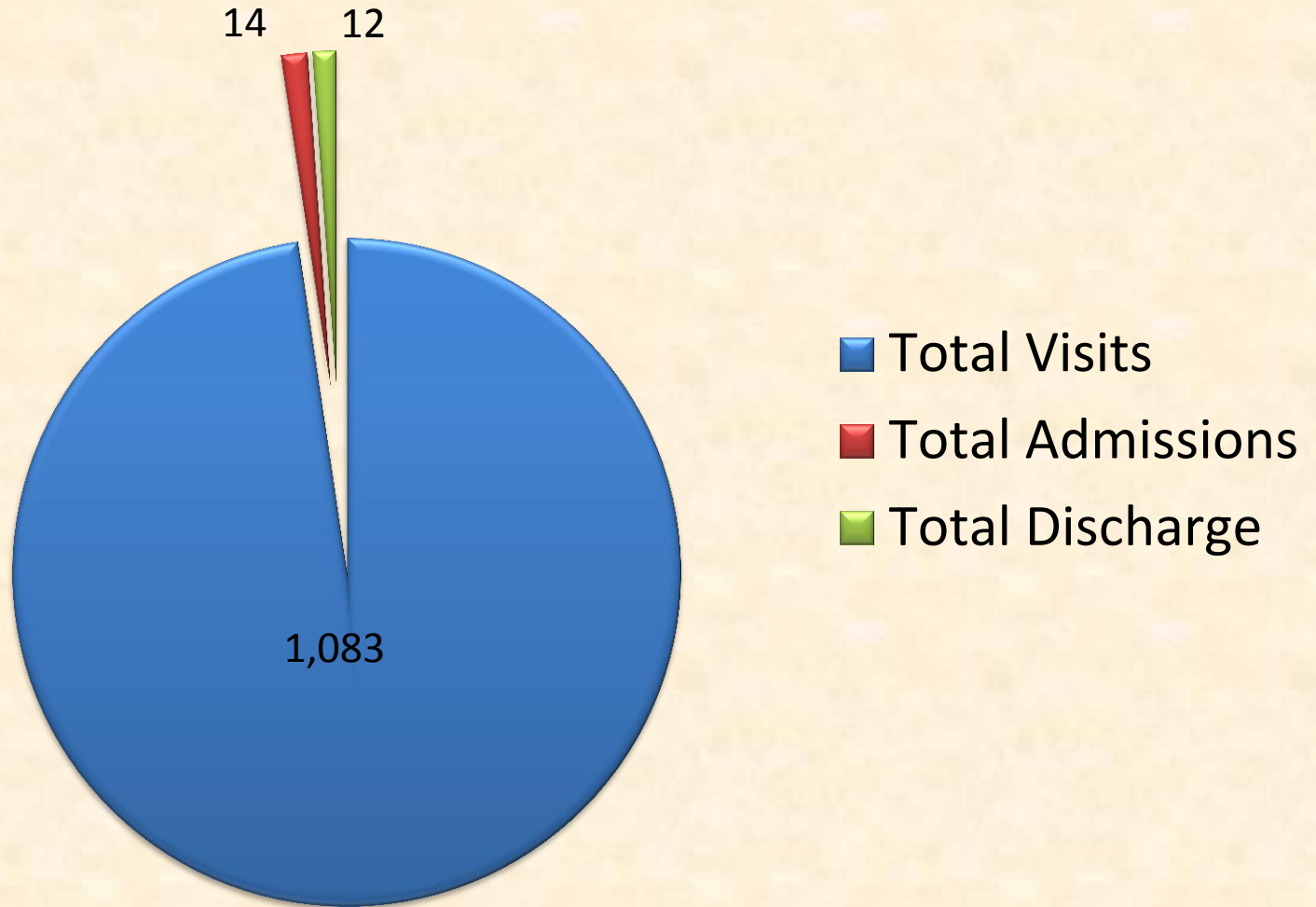
## 1- Adult Psychiatry –Total Home Visits





# Community Service

## 2- Old Age Psychiatry – Home Visits

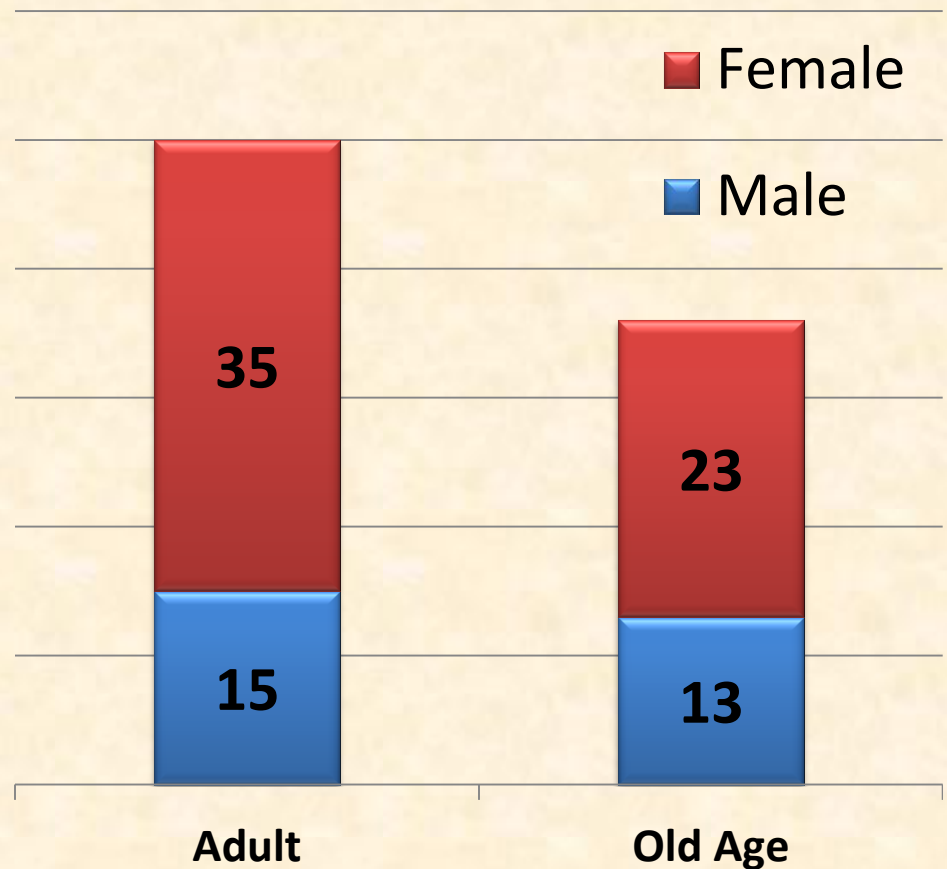


# Crisis Interventions

## Crisis Intervention Team

Specialized psychiatric intervention team, responding to family request to provide urgent help and assessment for psychiatric patients by bringing them to the hospital mainly for admission.

Number of crisis Intervention Request- Total 86

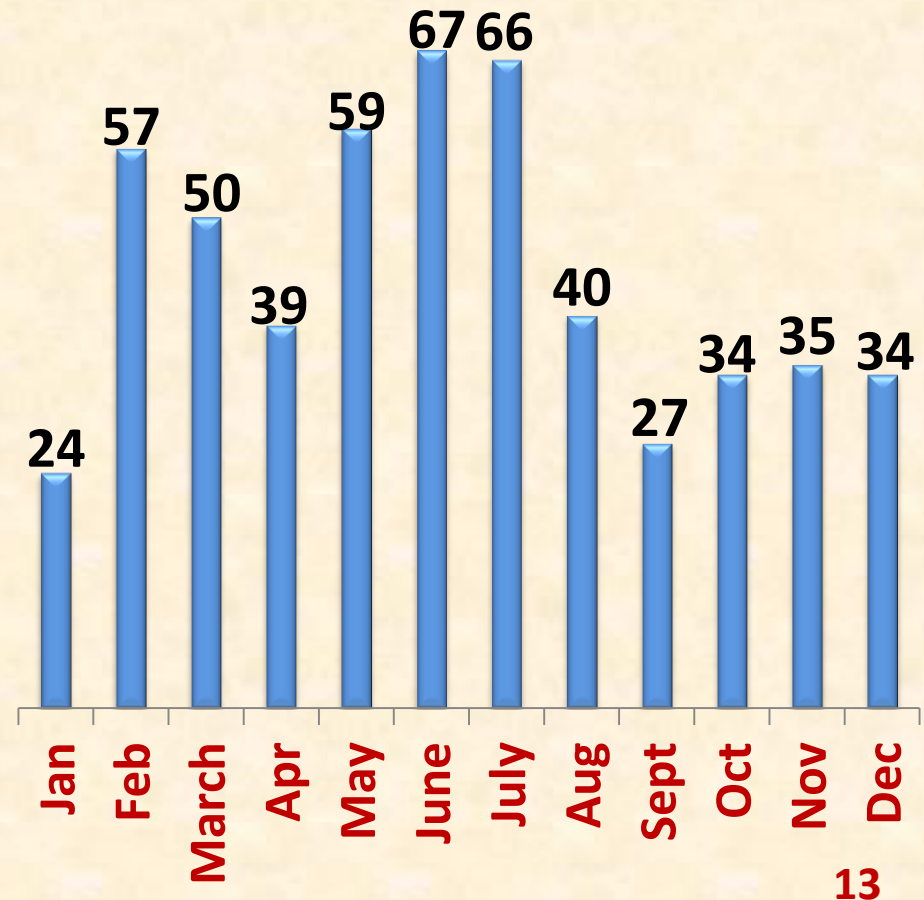


# Day Care Unit

## Day Care Unit

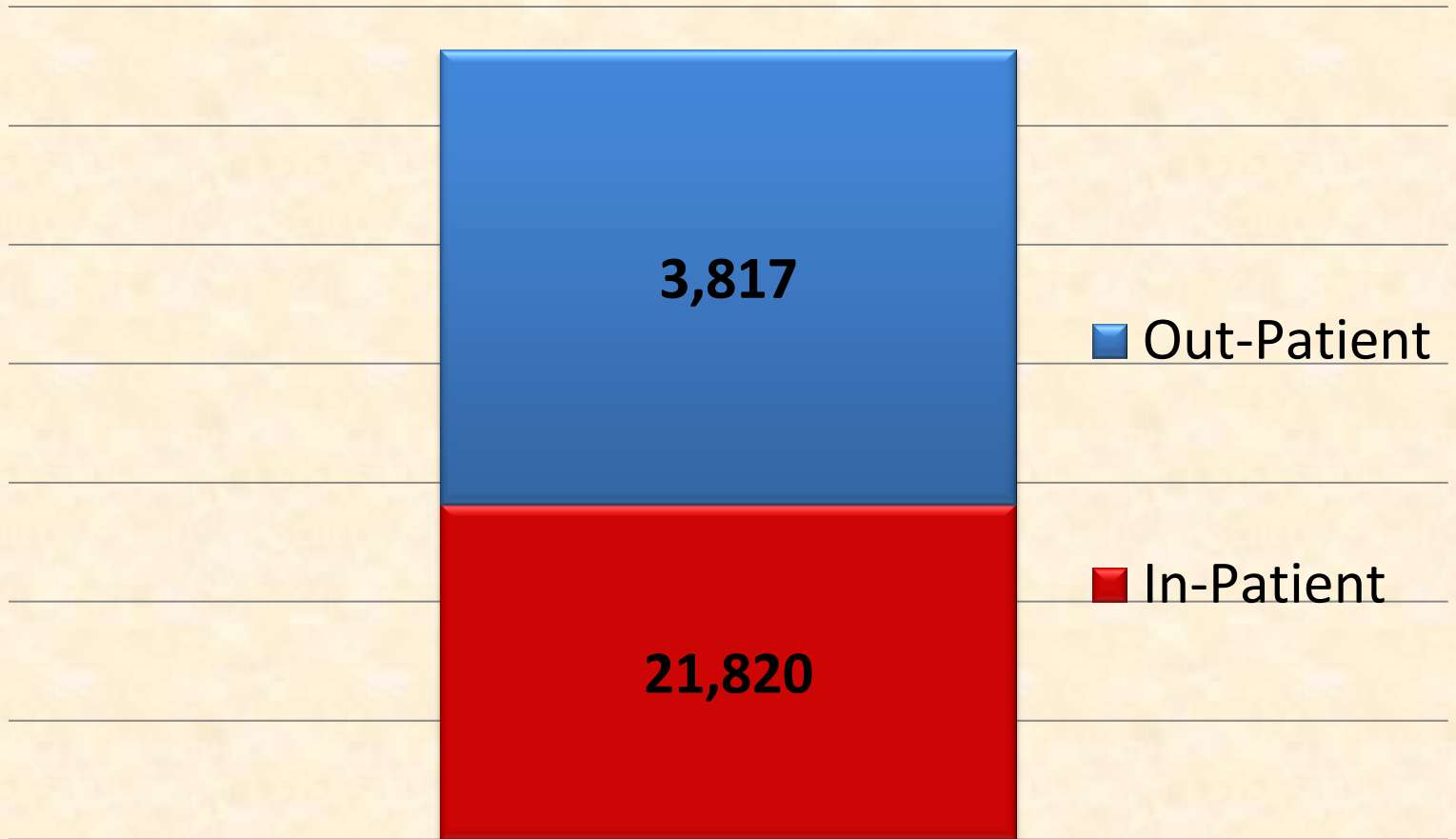
Total 532 patients

Patients with different mental illness attending the day care unit in daily basis, where involved in different activities, relaxation techniques, and cognitive behavioral therapy (CBT), Other patients attended the unit as out-patient follow up.

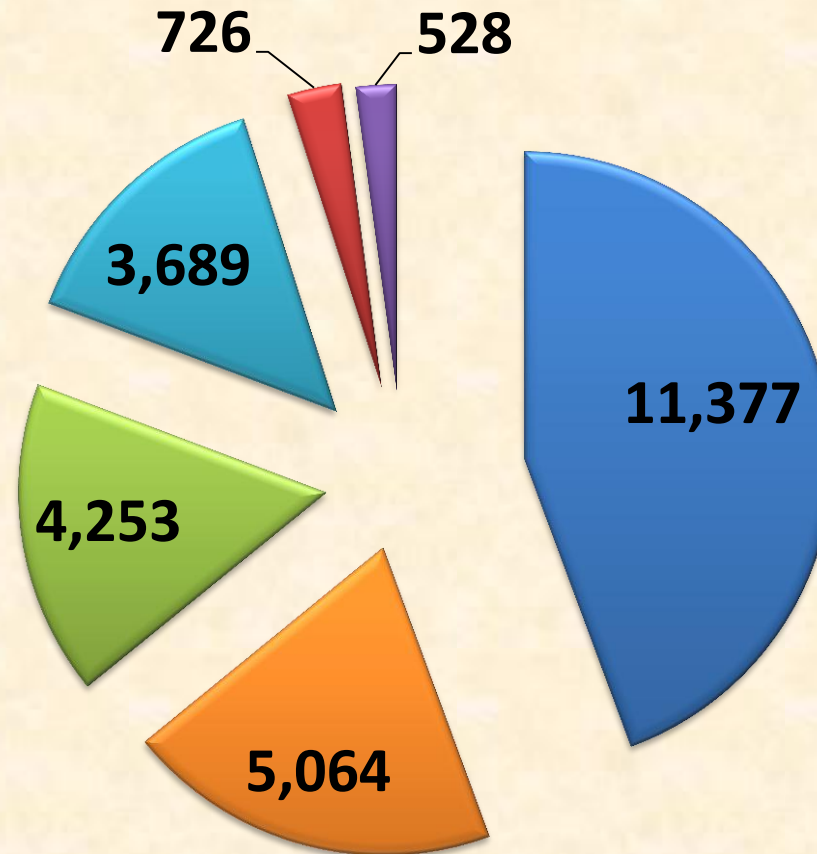


# Occupational Therapy Service

Total Sessions 25,637



# Occupational Therapy Sessions According To Sub- specialty Total 25,637

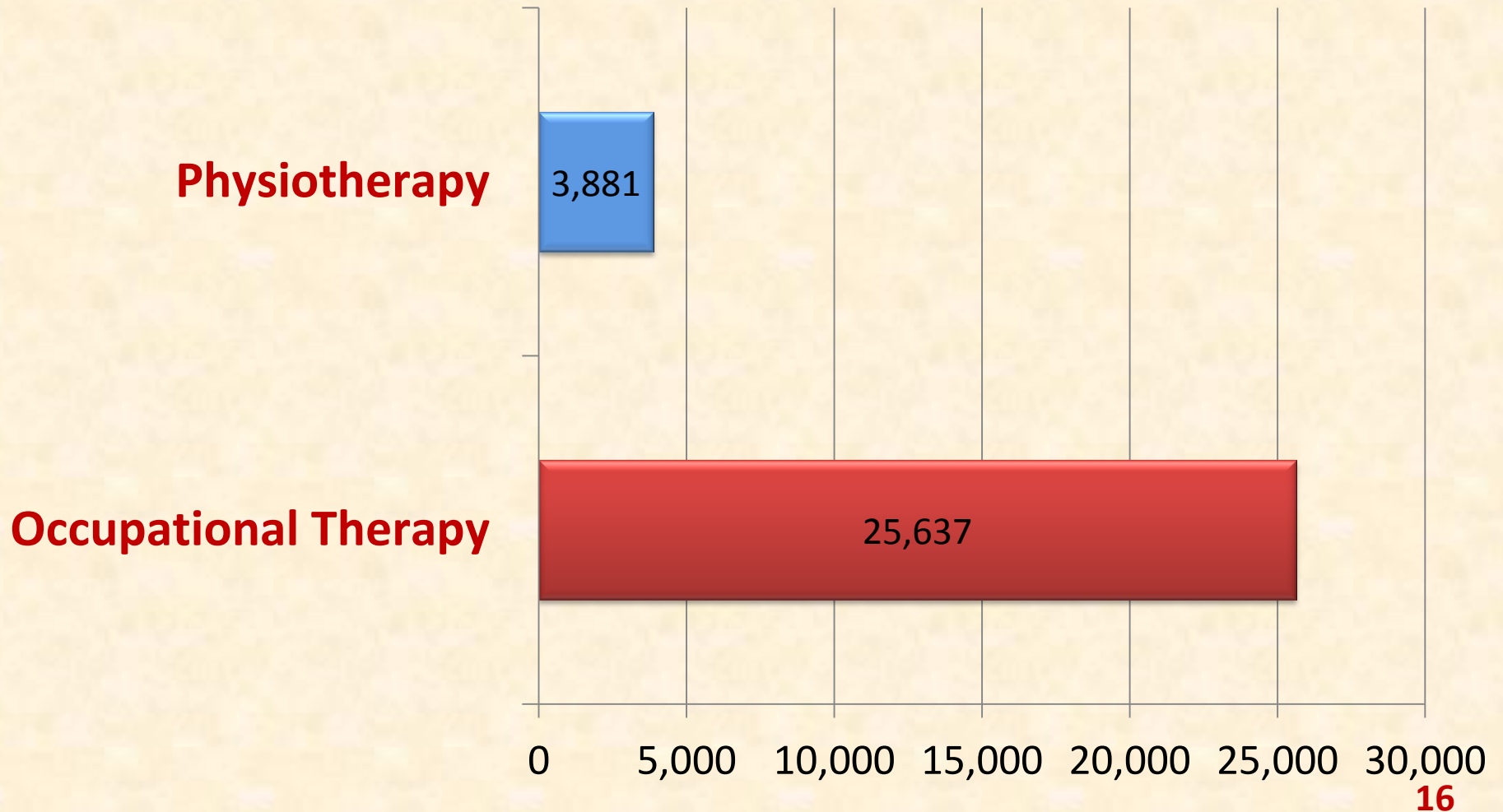


■ G Psychiatry  
■ Mental Disability

■ Long- Term Rehab  
■ Drug & Alcohol

■ Old age psychiatry  
■ Child & Adolescent

# Total Physiotherapy & Occupational Therapy Sessions- (Total Sessions 29,518 )



# Pharmacy

The Psychiatric pharmacy providing service and supply for in- and out-patient, majority of psychiatric medication are available at present, and the drug committee in the hospital coordinating the use of new medication, and collecting feedback from the consultants to order new medication.

# Medications Cost

Years 2008, 2009 ( In Bahrain Dinars BD)

**1,223,900.**  
**883 BD**

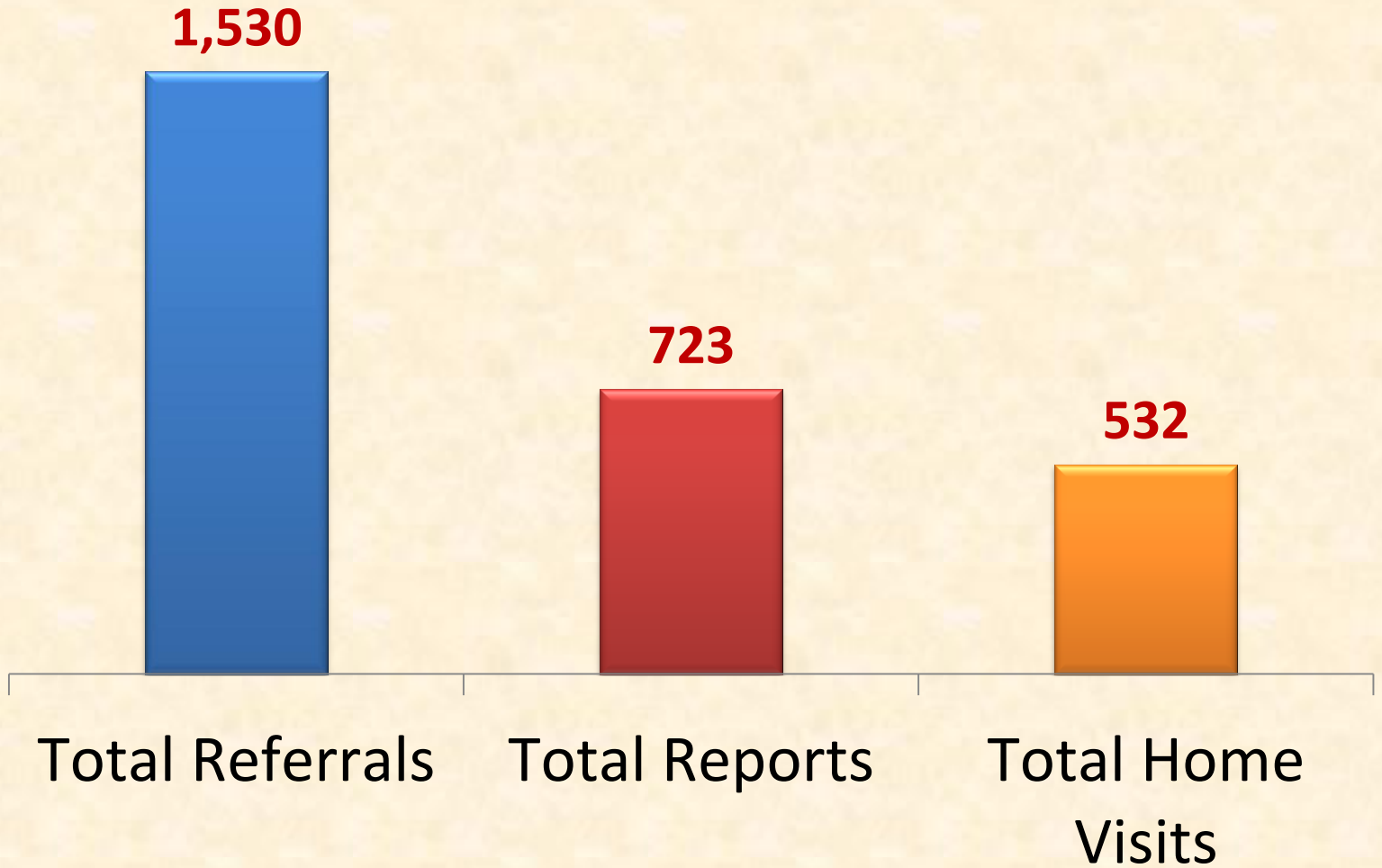
**1,223,831.**  
**895 BD**

**2008**

**2009**



# Social Worker Unit



# Bed Utilization 2009

Service Description	Total
Total Admission	1,044
Total Discharge	1,047
Number Of Beds	226
Total Patients Days	81654
Bed Occupancy Rate	98.98654
Turnover Rate	4.632743
Average Daily Admission	2.860274
Average Daily Discharge	2.868493
Average Length Of Stay	77.98854

# Psychiatric Units and number of Doctors

General Psychiatry Unit, and long-stay rehabilitation	18
Drug & Alcohol Unit	6
Child & Adolescent Unit	5
Community Psychiatry	3
Old Age Psychiatry and community	3
Liaison Psychiatry	3
Forensic Psychiatry	2
Anxiety Unit & Day Care	2
Mental Retardation Unit	3 & 1 part time
Long-stay & rehabilitation Unit	2
Marital Counseling Clinic	1 part time

# Hospital Services & Total Staff

Type Of Service	Total
Medical	47
Nursing	243
Psychology Unit	4
Social Work Unit	7
Occupational Therapy Unit	13
Physiotherapy	3
Medical Record	7
Food service	38
Supportive Service	75

# Hospital Committees

1. Management Committee
2. Mental Health Committee
3. Quality Assurance Committee
4. Morbidity and mortality Committee
5. Drug Committee
6. Infection Control Committee
7. Library Committee
8. Social Committee

# Canadian Accreditation

Accreditation is one of the most effective ways for health care institutions to regularly and consistently evaluate and improve the quality of services provided.

We developed management, mental health, and infection control teams to respond all the needs and requirements for Canadian Accreditation.

The Hospital Committees and teams will continue to meet regularly in 2010 to follow the advice and instructions Canadian Committee and quality management section.

# Quality Improvement Projects

- New forms for documentations in one file
- Patient rights booklet and signboards were distributed in the hospital.
- Patient and staff satisfaction surveys.
- Hospital new landscape plan.
- Reduced number of patients in crowded wards.
- Improve the partnership with NGOs like American Women Association and others.

## Relationship With Primary Care

- Four health centers started to provide mental health clinic once /week by psychiatric chief residents.
- Mental health committee in primary care was developed to organize mental health service and planning future strategy for such service with coordination with psychiatric hospital.
- New cases with psychiatric problems can be evaluated in health centers.



# Mental Health Act

Mental Health act was reviewed by mental health committee in psychiatric hospital, and was discussed between the committee and **His Excellency Dr Faisal Bin Yaqoub Al-Hammar** - Minister of Health.

The Mental health act at present with the legal department for final review.

# Training and Development

Total Overseas postgraduate training doctors are 5 , two of them are in UK should be returning back in the end of 2010 with subspecialty of psychotherapy and child psychiatry. Other three doctors were sent in 2009 to Singapore for liaison psychiatry and child psychiatry, and the third doctor was sent to Canada for general psychiatry, and they should finish the training in 2011-2012.

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- Several workshops was done for medical, nursing , and primary care physicians to improve the knowledge of the staff.
- Research has been done and published and others are ongoing.
- Many media communication, TV, Radio, Newspapers, and lectures were achieved by the hospital

## Areas To Be Developed in 2010-2011

**The hospital management will work hard in cooperation with all units and upper management in Ministry of Health to improve the following areas:**

- 1) Training for medical and non-medical staff by increasing the number of workshops and specialized training.**
- 2) To develop the coordination and cooperation with primary health care management, and mental health committee in primary care to extend the service and training.**

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- 3) To follow the Canadian Accreditation Committee directions and advice which was discussed in the last visit and mentioned in the final report.
- 4) Planning for regular maintenance of the hospital buildings, cleaning standards and safety.
- 5) To encourage the research in the hospital by supporting the staff and reward.
- 6) Opening new wards in Al-Gazali Building for general psychiatry and other subspecialties.
- 7) Providing “wellness Program” for out and in-patient with mental illness, under supervision of occupational therapy unit, gym trainer facilities and dietitian adviser.

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- 8) Improving the relations and cooperation with other Ministries and NGOs.
- 9) To recruit new employment in areas with shortage like general medical doctor, occupational therapy, social worker, and psychology unit.
- 10) Demolishing old building and develop recreation center and car park.
- 11) To improve the hospital library under Al-Farsi central library umbrella, to implement the new library technology and equipment.
- 12) To celebrate international Mental Health day in coming October 2010.

## References

- 1 World Health Organization
- 2 Ministry of Health  
Statistics 2007,2008
- 3 Psychiatric Hospital  
Statistics 2009